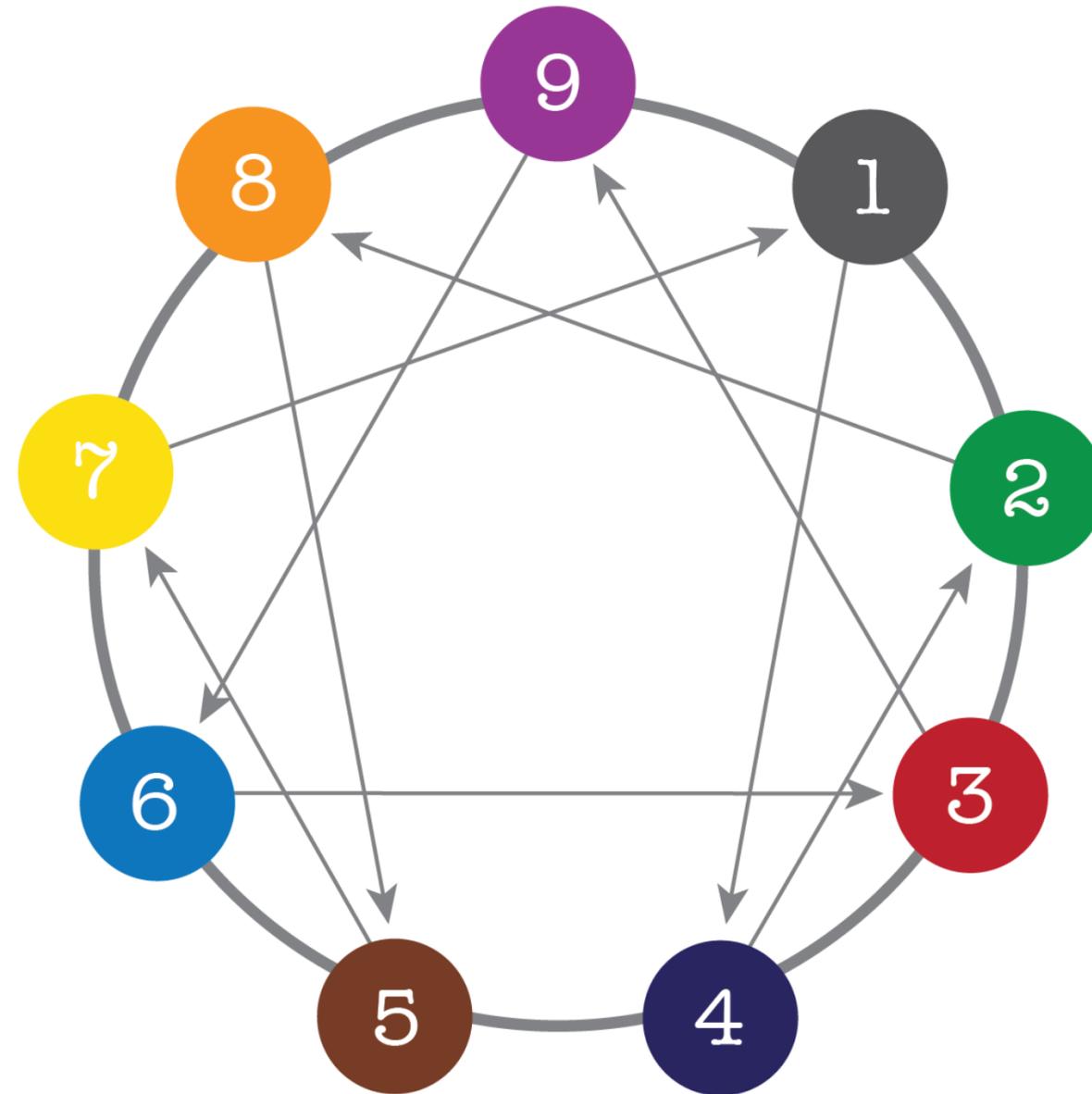


Exploring Enneagram Triads

personal wholeness | relational harmony | team collaboration



Intelligence Triads (Centers)



The way we filter, perceive, decide, and communicate.

Head or Thinking Center

"How can I prepare myself and those around me?"

Your decisions are based on logic, security, and planning. Which means you can get caught in the struggle of fear as you search for support.

You strive for safety by being competent (5), having support (6), or not being restricted (7).

Your communication style tends to be analytical, thoughtful, and sometimes complicated.

At your best, you bring clarity and guidance.



observe | research | anticipate | brainstorm | plan | strategize | prepare

Heart or Feeling Center

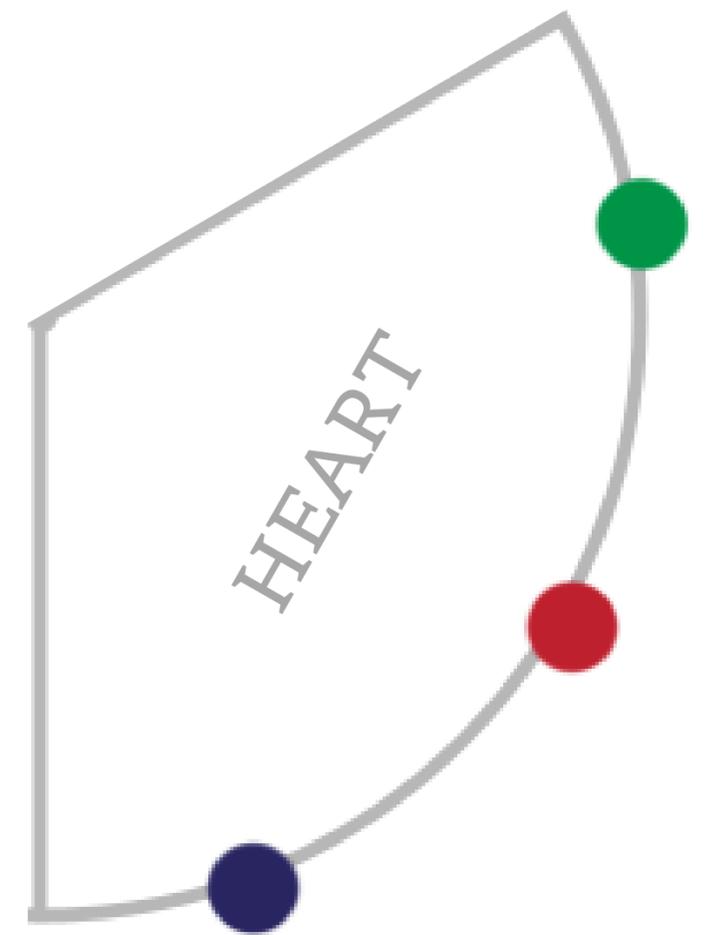
"How does this affect my connection to self and others?"

Your decisions are based on relationships, image, and emotion. Which means you can get caught in a struggle of shame as you look for self-worth.

You strive for identity by being liked (2), feeling valuable (3), or finding significance (4).

Your communication style tends to contain stories, metaphor, and implied or unspoken meaning.

At your best, you bring honesty and compassion.



deepen | pursue | praise | empathize | connect | feel | reflect | dream

Gut or Action Center

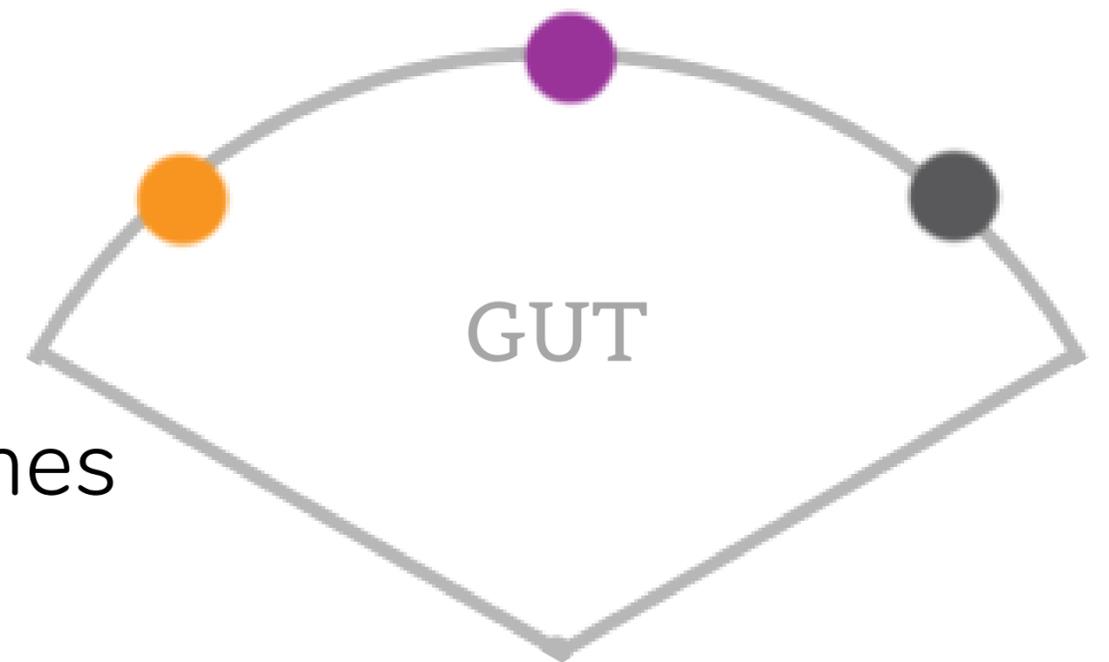
"What does my instinct tell me is true?"

Your decisions are based on comfort, instinct, and energy. Which means you can get caught in the struggle of anger as you guard your autonomy.

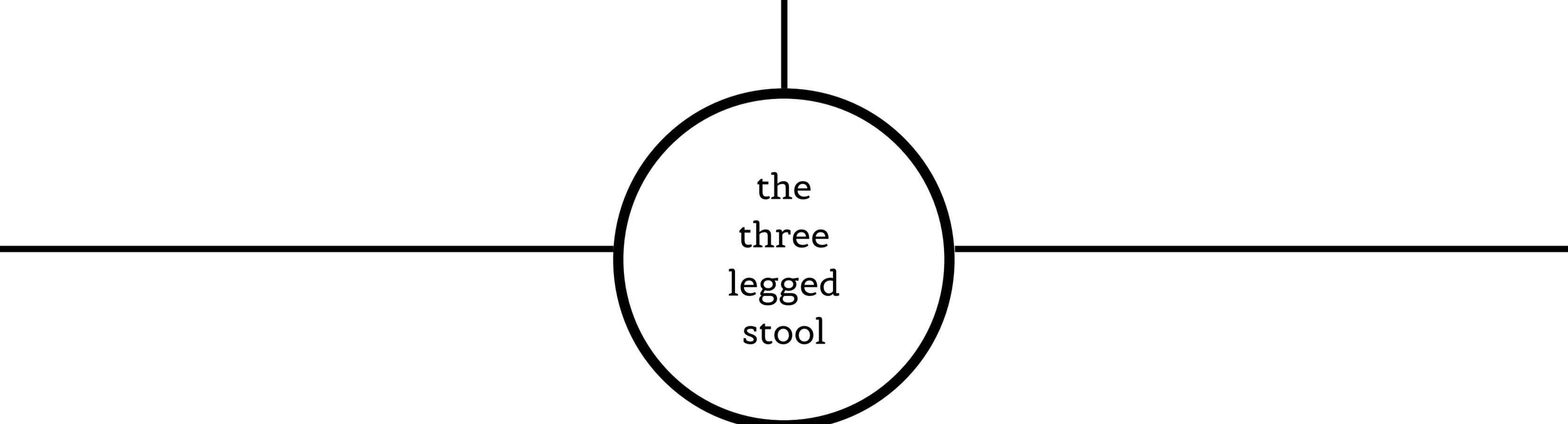
You strive for control by protecting yourself (8), staying comfortable (9), or being right (1).

Your communication style is direct, plain, sometimes defensive, and full of nonverbal cues.

At your best, you bring serenity and strength.



protect | influence | boundary | harmonize | simplify | practicalize | embody



the
three
legged
stool

The head, heart, and gut centers can each become centers of intelligence when we are present to them in a grounded and open-hearted way. Each center is like one leg of a three-legged stool of decision-making.

When I feel myself caught in a “swirl” of stress or indecision, it’s like trying to balance on only one leg of that stool.

Is there a decision I am trying to make that feels like a "swirl" right now?

On which leg (center) am I trying to balance?

How can I bring this decision to the other two centers in order to gain grounding?

Small group questions:

Do you have a "popcorn story"?

The holidays are coming up. It is still a pandemic. Many of us have complicated family dynamics.

- How might your center affect how you process how you gather or who you gather with?

Is there a way someone from a different center could help you work through a way you are stuck in decision making?

(i.e. talk about the 3-legged stool together and see if someone in the group can help.)